

Sloppy Garden Joes

Rating: ★★★★★

Makes: 12 servings

Ingredients

- 1 yellow onion (chopped)
- 1 carrot (chopped or shredded)
- 1 green pepper (chopped)
- 1 **pound** ground turkey (or chicken)
- 1 **can** tomato sauce (8 ounces, unsalted)
- 1 **can** whole tomatoes (15 ounces, crushed)
- 1 **can** mushroom (8 ounces, drained)
- 1/4 **cup** barbecue sauce
- 6 whole wheat buns (split in half to make 12)

Directions

1. Saute onions, carrots, green pepper and ground turkey or chicken in a pan over medium-heat for 5 minutes.
2. Add tomato sauce, crushed tomatoes, mushrooms, barbecue sauce, and seasonings and bring to boil.
3. Reduce heat and simmer for 10 minutes, stirring occasionally.
4. Uncover and cook for an additional 3 minutes or until thick.
5. Serve open-faced on toasted or plain whole-wheat buns.
6. Refrigerate leftovers within 2 hours.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	140	
Total Fat	4.5 g	7%
Protein	8 g	
Carbohydrates	18 g	6%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	290 mg	12%